



Humana Group Medicare Extra Services

HUMANA
Guidance when you need it most

A photograph of two women sitting at a table outdoors. The woman on the left is older, with short, curly dark hair, wearing a light purple t-shirt and a pink earring. The woman on the right is younger, with long, curly dark hair, wearing a bright pink button-down shirt. They are both smiling warmly at the camera. In the foreground, there are stacks of white napkins, blue cups, and a plate with fruit on the table. The background is a soft-focus outdoor setting with greenery.

Extra Value To Enrich Your Life

With your Humana plan, you'll have access to services and discounts that can improve your overall well-being. You can save on the wellness products you probably use today – over-the-counter drugs, vitamins, and nutritional supplements, just to name a few. You'll also get dental, hearing, and vision care discounts as part of your plan*. We even offer a discounted weight-loss program and roadside assistance.

The next several pages highlight the many extra services you get as a Humana Group Medicare plan member. Before you use any service that has a fee, you may want to ask the provider about any other promotions or special offers that may lower your costs.

Take a look inside and see everything that's waiting for you.

*Dental and hearing discount programs are not available in Puerto Rico

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The products and services described on the following pages are neither offered nor guaranteed under our contract with the Medicare program.

In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Humana grievance process.

If you have a complaint or problem with any extra service, we'd like to know about it. Please call the Humana Customer Service department toll-free at the number on the back of your ID card, seven days a week, 8 a.m. to 8 p.m.

*Dental and hearing discount programs are not available in Puerto Rico



Humana **Health And Wellness** Order Form

Mail-Order Health And Wellness Products By PrescribIT

Over-the-counter medicines, vitamins, and other wellness products can play an important part in maintaining your health. Many of the items you use today are probably available at a discount through the mail.

The discounts apply to a wide range of non-prescription products in the following categories:

- **Nutritional supplements**
- **Pain relievers**
- **Cold and allergy medications**
- **Antacids**
- **Laxatives and anti-diarrhea products**
- **First-aid and medical supplies**
- **Women's health products**

Delivery

Please allow 14 working days for your delivery. Discount items are delivered right to your door, with no charge for shipping. You'll receive a new updated order form with each delivery.

Questions

If you have questions about the health and wellness products, call **1-800-526-1490** (TTY: 711), 8 a.m. – 5 p.m., Eastern time, Monday - Friday.

To verify eligibility or order extra forms, call the Group Medicare Customer Care phone number listed on the back of your ID card. Please check with your doctor before taking any over-the-counter product or nutritional supplement.

Ordering

This product list and pricing is subject to change. Please clip out, complete and mail the form on the following pages to:

PrescribIT
3600 Enterprise Way
Miramar, FL 33025

Humana Health and Wellness Products 2011

QUANTITY (Cantidad)	SIZE (Tamaño)	GENERIC NAME (Nombre Genérico)	COMPARE TO (Comparar)	PRICE (Precio)
VITAMINS / MINERALS • VITAMINAS / MINERALES (Dual Purpose)*				
___ OTC10	100	Vitamin-C 500 mg	Vitamin-C 500 mg	\$4.00
___ OTC209	100	Vitamin-D 1000 IU	Vitamin-D 1000 IU	\$5.00
___ OTC12	100	Vitamin-E 400 IU dl-alpha tocopheryl	Vitamin-E 400 IU Synthetic	\$5.00
___ OTC11	130	Daily Multi-Vitamin and Mineral	Advanced Formula Centrum®	\$5.00
___ OTC63	60	Complete Senior Vitamins and Minerals	Centrum Silver®	\$7.00
___ OTC13	100	Ferrous Sulfate 5 gr	Feosol®	\$3.00
___ OTC14	100	Folic Acid 400 mcg	Folic Acid 400 mcg	\$3.00
___ OTCN2	30	Co-Enzyme Q-10 30 mg	Co-Enzyme Q-10 30 mg	\$10.00
___ OTCN3	100	B-Complex with B-12	B-Complex with B-12	\$4.00
___ OTCN7	36	Eye Care Vitamins	Ocuvite® Lutein	\$5.00
___ OTCN9	100	Timed-Release Niacin 500 mg	Timed-Release Niacin 500 mg	\$5.00
___ OTCN10	60	Selenium 200 mcg	Selenium 200 mcg	\$4.00
___ OTCN11	60	Antioxidant Tablets	Antioxidant Tablets	\$5.00
PAIN RELIEVERS • ANALGÉSICOS				
___ OTC214	50	Pain Reliever-Naproxen Sodium 220 mg	Aleve® Caplets	\$6.00
___ OTC16	120	Aspirin Low Dose 81 mg EC	Bayer® Adult 81 mg EC	\$3.00
___ OTC17	36	Aspirin 81 mg Chewable	Bayer® Chewable Aspirin	\$3.00
___ OTC19	50	Ibuprofen 200 mg	Advil®	\$4.00
___ OTC47	100	Aspirin 325 mg	Bayer®	\$3.00
___ OTC229	100	Enteric Aspirin 325 mg	Ecotrin®	\$5.00
___ OTC94	120 ml	Ibuprofen Suspension	Children's Motrin®	\$6.00
___ OTC2	100	Acetaminophen 500 mg	Extra Strength Tylenol®	\$4.00
___ OTC20	30	Acetaminophen 80 mg Chewable	Tylenol® Children's Chewable	\$3.00
___ OTC21	120 ml	Acetaminophen Elixir	Children's Tylenol® Elixir	\$3.00
___ OTC22	15 ml	Acetaminophen Suspension Drops	Tylenol®	\$3.00
___ OTC125	100	Headache Formula- Aspirin/ Acetaminophen/Caffeine	Excedrin®	\$7.00
COUGH / COLD / ALLERGY • TOS / RESFRIADO / ALERGIA				
___ OTC110	30	Antihistamine - Loratadine 10 mg	Claritin®	\$7.00
___ OTC113	30	Antihistamine - Cetirizine HCL 10 mg	Zyrtec®	\$10.00
___ OTC23	24	Antihistamine - Diphenhydramine 25 mg	Benadryl®	\$3.00
___ OTC24	120 ml	Antihistamine - Diphenhydramine Liquid	Benadryl® Allergy Liquid	\$3.00
___ OTC111	30	Expectorant - Guaifenesin 400mg	Mucus Relief®	\$10.00
___ OTC95	30 ml	Nasal Decongestant Spray	Afrin®	\$3.00
___ OTC228	36	Nasal Decongestant PE Max Strength	Sudafed® PE Tablets	\$6.00
___ OTC99	45 ml	Saline Nasal Spray	Ocean® Saline Nasal Spray	\$3.00
___ OTC97	24	Sinus- Acetaminophen/Phenylephrine	Tylenol® Sinus	\$3.00
___ OTC26	120 ml	Cough Suppressant/Expectorant	Robitussin® DM	\$4.00
___ OTC210	118 ml	Cough Suppressant DM (Sugar Free)	Robitussin® Sugar Free DM	\$5.00
___ OTC96	120 ml	Cough Supp./Nasal Decon./Expectorant	Robitussin® CF	\$4.00
___ OTC28	120 ml	Cough Formula - Expectorant	Robitussin®	\$4.00
___ OTC215	36	Effervescent Pain Relief	Alka-Seltzer®	\$5.00
___ OTC219	15 ml	Eye Drops- Redness Reliever	Visine® Original	\$5.00
___ OTC220	180 ml	Sore Throat Spray	Choraseptic®	\$6.00
___ OTC117	18	Sore Throat Lozenges	Chloraseptic® Lozenges	\$5.00

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QUANTITY (Cantidad)	SIZE (Tamaño)	GENERIC NAME (Nombre Genérico)	COMPARE TO (Comparar)	PRICE (Precio)
ANTI-DIARRHEAL / ANTACIDS / LAXATIVES/ETC • ANTIDIARREICOS / ANTIACIDOS / LAXANTES				
___ OTC29	12	Anti-Diarrhea Tablets- Loperamide 2 mg	Imodium® A-D	\$3.00
___ OTC32	360 ml	Antacid / Anti-Gas Liquid	Mylanta®	\$3.00
___ OTC89	70	Antacid Double-Strength Chew Tab	Mylanta® DS	\$5.00
___ OTC33	360 ml	Milk of Magnesia - Laxative/Antacid	Phillips® Milk of Mag	\$4.00
___ OTC75	100	Antacid / Anti-Gas Chew Tab	Maalox® Plus	\$4.00
___ OTC227	96	Calcium Carbonate Antacid-Chewable	Extra Strength Tums E-X®	\$5.00
___ OTC104	30	Ranitidine 75 mg Tablets - Antacid	Zantac®	\$7.00
___ OTC93	25	Laxative - Bisacodyl 5 mg	Dulcolax®	\$3.00
___ OTC233	100	Senna Laxative Tablet	Senokot®	\$10.00
___ OTC208	90	Fiber Laxative Tablets	FiberCon®	\$9.00
___ OTC98	30	Extra Strength Gas Relief Tablets	Gas-X® Extra Strength	\$4.00
___ OTC101	100	Stool Softener Capsules	Colace®	\$4.00
___ OTC3	270 ml	Enema	Fleet® Enema	\$3.00
___ OTC234	12	Glycerin Suppositories, Adult	Fleet®	\$3.00
___ OTC31	60 gm	Anti-Hemorrhoid Ointment	Preparation H®	\$5.00
___ OTC216	12	Hemorrhoidal Suppositories	Preparation H® Suppositories	\$6.00
___ OTC112	14	Acid Reducer - Omeprazole 20 mg	Prilosec OTC 20 mg®	\$10.00
___ OTC115	30	Pink Bismuth - Chewable Tablets	Pepto-Bismol® Chew Tabs	\$5.00
___ OTC116	60	Dairy Digestive Supplement - Lactase Enzyme	Lactaid® Tabs	\$9.00
FIRST AID / MEDICAL SUPPLIES • PRIMEROS AUXILIOS / SUPLEMENTOS MEDICOS				
___ OTC35	100	Alcohol Prep Pads	B-D® Alcohol Swabs	\$4.00
___ OTC36	300	Cotton Swabs	Q-Tips®	\$3.00
___ OTC37	120 ml	Calamine Lotion	Caladryl®	\$3.00
___ OTC217	30 gm	Allergy Cream- Itching and Pain Relief	Benadryl® Ex Strength Cream	\$5.00
___ OTC38	15 gm	Clotrimazole Cream 1% - Athlete's Foot	Lotrimin AF®	\$4.00
___ OTC218	30 gm	Tolnaftate Antifungal Cream	Tinactin® Cream	\$8.00
___ OTC4	30 gm	Hydrocortisone Cream 1%	Cortizone 10®	\$3.00
___ OTC40	30 gm	Triple Antibiotic Ointment	Neosporin®	\$5.00
___ OTC231	30 gm	Triple Antibiotic Ointment Plus	Neosporin Plus®	\$7.00
___ OTC43	99 gm	Medicated Chest Rub	Vicks VapoRub®	\$5.00
___ OTC213	5	Cold and Hot Patches - Pain Relief	IcyHot® Patch	\$7.00
___ OTC44	100	Plastic Bandages	Band Aids®	\$3.00
___ OTC232	1	First Aid Tape	J&J®	\$2.00
___ OTC46	120 gm	Muscle Rub	Ben-Gay®	\$5.00
___ OTC226	1	Elastic Bandage	Ace® Bandage	\$6.00
___ OTC48	1	Oral Thermometer (Digital Display)	B-D® Oral Thermometer	\$5.00
___ OTC105	1	Medicated Lip Balm	Medicated Lip Balm	\$1.00
___ OTC106	120 ml	Sun Block	Coppertone®	\$5.00
___ OTC221	1	Toothbrush	Toothbrush	\$2.00
___ OTC222	180 gm	Toothpaste	Toothpaste	\$4.00
___ OTC224	1	Dental Floss	Dental Floss	\$3.00
___ OTC225	45 gm	Denture Adhesive	Fixodent®	\$5.00
___ OTC235	40	Effervescent Denture Tabs	Efferdent®	\$5.00
___ OTC223	10	Glucose Chewable Tablets	DEX4® Glucose Tablets	\$2.00
___ OTC114	15ml	Lubricant Eye Drop (Sterile)	Liquifilm Tears®	\$5.00
___ OTC230	227 gm	Therapeutic Mineral Ice Gel	Mineral Ice®	\$5.00
___ OTC118	15 ml	Earwax Removal Drops - Carbamide Peroxide Drops	Debrox® Earwax Drops	\$5.00
___ OTC119	60 gm	Topical Analgesic Cream- Capsicum Cream 0.025%	Zostrix® Cream	\$8.00

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QUANTITY (Cantidad)	SIZE (Tamaño)	GENERIC NAME (Nombre Genérico)	COMPARE TO (Comparar)	PRICE (Precio)
WOMEN'S HEALTH * SALUD DE LA MUJER				
____ OTC107	60	One a Day Women's Multivitamin	One-A-Day Women's®	\$4.00
____ OTC108	30	Phenazopyridine 95 mg	Azo-Standard®	\$5.00
____ OTC41	45 gm	Clotrimazole Vaginal Cream	Gyne-Lotrimin®	\$6.00
____ OTC42	45 gm	Miconazole-7 Vaginal Cream	Monistat-7®	\$6.00
____ OTC15	60	Oyster Calcium 500 mg + Vitamin D	Os-Cal 500+D®	\$4.00
____ OTC109	60	Calcium Citrate 600 mg + Vitamin D	Citracal Caplets+D®	\$4.00
____ OTC16	120	Aspirin Low Dose 81 mg EC	Bayer® Adult 81 mg EC	\$3.00
____ OTC19	50	Ibuprofen 200 mg	Advil®	\$4.00
MOTION SICKNESS * MAREO				
____ OTC120	12	Motion Sickness Tablets - Dimenhydrinate 50 mg	Dramamine® Tabs	\$5.00
SLEEPING AIDS * AYUDA PARA DORMIR				
____ OTC121	50	Acetaminophen 500 mg and Diphenhydramine 25 mg	Tylenol® PM Ex Strength Tabs	\$5.00
____ OTC122	50	Diphenhydramine 25 mg - Night-Time Sleep Aid Tabs	Sominex® Tablets	\$4.00
SMOKING CESSATION * CESE DE FUMAR				
____ OTC123	50	Stop Smoking Gum -Nicotine Polacrilex gum 2 mg	Nicorette® 2 mg gum	\$10.00
____ OTC124	50	Stop Smoking Gum- Nicotine Polacrilex gum 4 mg	Nicorette® 4 mg gum	\$10.00

Call 1-800-457-4708 (TDD: 1-800-833-3001)
Mon.- Fri. 8 a.m. - 6 p.m. to verify your eligibility
or to request extra order forms.

Mail to: PrescribIT
3600 Enterprise Way
Miramar, FL 33025

Please check box if your address has changed ☐

Your Total Order
Amount /El Total de
su Orden → Total:\$ _____

Method of Payment. Please make check payable to "PrescribIT"

☐ Check ☐ MasterCard ☐ Visa ☐ Discover/Novis

Card Number: _____ Expiration Date: Month ____ Year ____ 3-Digit Card Security Code ____

Cardholder Name (as it appears on credit card): _____

Cardholder Signature: _____

MEMBER'S INFORMATION * INFORMACION DE MIEMBRO

Name: _____ Member ID: _____ Date of Birth: _____

Address: _____ State: ____ Zip: _____

Sex: M F (Circle one) Phone Number: _____ Date: _____

Note: Orders will be shipped to your home via UPS or the Postal Service and there is no charge to you for shipping. Allow 10-14 working days from receipt of order. You will receive the generic comparable to brand. Please consult your physician before taking any over the counter product or nutritional supplement. This product list is subject to change. **Note: This program is available only to Humana members who product or nutritional supplement. This product list is subject to change. **Note: This program is available only to Humana members who have a benefit plan which includes this Health and Wellness benefit. Orders may also be faxed to 1-888-778-8384. * For Dual-Purpose items noted above: Prior to purchase (1) the enrollee must have appropriate conversations with the enrollee's personal provider, and (2) the enrollee's personal provider orally recommends the OTC item for eligible enrollees for a specific diagnosable condition. Other items on this order form are classified as eligible. There is a \$25.00 charge for all returned checks.

Dental Discount Programs

For members residing outside of Florida: How the HumanaDental discount works

Simply select an in-network HumanaDental dentist and call to schedule an appointment. Clip out the dental discount card printed on the following page, and present your Humana Medicare ID card and the dental discount card at the time of service. The dentist will apply the network discount immediately and let you know whether to pay at the time of service or wait for a bill. You don't need to send a claim form to HumanaDental.

Contact information

To find an in-network dentist or specialist near you, visit **HumanaDental.com** or call HumanaDental at **1-800-898-0371** (TTY: 711), Monday through Friday from 8 a.m. to 6 p.m., Eastern time. Please have your Humana ID card handy when you call.

- The HumanaDental program is not intended to replace any other dental coverage.
- If your dentist leaves the network, you'll need to select another dentist in the HumanaDental network. Not all types of dentists may be available in your area.
- In-network dentists are professionally licensed in the state in which they practice, and are credentialed by HumanaDental. If you have questions or concerns about the care received from a dentist in our network, please contact Customer Care at the number listed on your Humana ID card.
- Discounts do not apply to dental work that was in progress before you joined this plan.

For Florida members: How the CAREINGTON discount works

Members residing in Florida have a similar dental discount program through CAREINGTON. You may save 20 to 60 percent when you receive dental services from a general dentist in the CAREINGTON network. Services include routine oral exams, cleanings, and major work such as dentures, root canals, and crowns. You'll be charged the applicable rate at the time of service.

Choose a participating CAREINGTON general dentist by calling **1-800-290-0523** (TTY: 711), or by visiting CAREINGTON online at **careington.com**. Clip out the dental discount card, and present your Humana ID card and the dental discount card at the time of service. The dentist will apply the network discount immediately and let you know whether to pay at the time of service or wait for a bill. If you need to see a specialist, participating CAREINGTON specialists will give a 20 percent discount off of their normal fees. At the time of service, present your Humana ID card.

Contact information

For a list of in-network providers in your area, visit **careington.com** or call CAREINGTON toll-free at **1-800-290-0523** (TTY: 711), Monday through Friday from 8 a.m. to 8 p.m., Eastern time. You or your dentist can call the same phone numbers if there are questions or to verify fees for a particular service. Please have your Humana ID card handy when you call.

- The CAREINGTON Dental Discount is not intended to replace any other dental coverage.

- If your dentist leaves the network, you'll need to select another dentist in the CAREINGTON network. Not all types of dentists may be available in your area.
- In-network dentists are professionally licensed in the state in which they practice and are credentialed by CAREINGTON. If you have questions or concerns about the care received from a dentist in our network, please

contact Customer Care at the number listed on your Humana ID card.

- Discounts do not apply to dental work that was in progress before you joined this plan.

* *Dental discounts are not available in Puerto Rico.*



HumanaDental Access Discount Card

MEMBER NAME: _____

MEMBER ID: _____

For more information, call HumanaDental:
1-800-898-0371
Florida members call
CAREINGTON: 1-800-290-0523

This discount program is **not** part of your Medicare Advantage plan coverage. Discounts are only available at participating providers.

In addition to the HumanaDental network, the following networks are available in the respective states: Dentemax in the District of Columbia, Maryland, Michigan, New Jersey, New York, Pennsylvania, & Virginia, MN Premier in Minnesota, Diversified in Nevada, ADP in Wisconsin, CAREINGTON in Florida

FOLD

Vision Discount Program

This program is available to you through EyeMed Vision Care. Vision wellness is important to your overall health and well-being. With the vision discount program, it's easy to care for your eyes and save on your eyewear needs. You have access to the extensive EyeMed network of 40,000 national providers at approximately 20,000 locations, including some of the most recognizable names in eye care like LensCrafters®, Pearle Vision®, Sears Optical, Target Optical, and JCPenney™ Optical.

The program includes the following services:

- Exam with dilation (if necessary) - \$5 off routine exam; \$10 off contact lens exam
- Frames - 40% off retail price except when prohibited by the manufacturer
- Lenses - fixed prices for lenses and lens options
- Contacts - 15% off retail price for conventional contact lenses
- Laser Vision Correction (Lasik or PRK)* - 15% off retail price or 5% off promotional price

How the program works

The discount applies only to services you receive from providers in the EyeMed network. Select a participating EyeMed

provider by visiting **Humana.com** or by calling EyeMed's provider locator service at **1-866-392-6056**. Once you've chosen a provider, call and schedule your appointment and tell them you have the EyeMed discount through Humana. Clip out the EyeMed Vision discount card printed on the next page and present the card at the time of your appointment. The EyeMed provider will take care of the rest and automatically apply the discount. You will not need to submit a claim. Since this is a discount offering, your ID, name, and address are not in EyeMed system.

Contact information

To select a participating EyeMed provider, visit **Humana.com** or call EyeMed's provider locator service at **1-866-392-6056** (TTY: 711) Monday through Saturday, 8 a.m. to 11 p.m., and Sunday, 11 a.m. to 8 p.m. Eastern time.

** Because LASIK or PRK vision correction is an elective procedure, performed by specially trained providers, this discount may not always be available from a provider in your immediate location. For a location near you and the discount authorization, please call 1-877-5LASER6 (552-7376), Monday through Friday, 8 a.m. to 8 p.m., and Saturday, 9 a.m. to 5 p.m. Eastern time. If you use a TTY, call 711, Monday through Friday, 8 a.m. to 5 p.m. Eastern time.*

If you lose your discount card, follow the instructions below to print a new card or just tell your provider you are a Humana member with the EyeMed discount. Your provider will look up your discount in the EyeMed system.

- Visit Humana-Medicare.com.
- Under the section "Already a Member?": Click on the Humana.com link and a new window will open.
- Under the section "Medicare Plans": There is a heading "Medicare HumanaVision discount program." The printable PDF is located under the heading.

EyeMed Vision
Discount Card

MEMBER NAME: _____

MEMBER ID: _____

HUMANA
Guidance when you need it most

For more information, call EyeMed:

1-866-392-6056

(TTY: 711)

This discount program is **not** part of your insurance. Discounts are only available at participating providers.

EyeMed
VISION CARE®

FOLD

NutriSystem® Discount

The Nutrisystem® program helps Americans lose weight simply and conveniently so they can enjoy vibrant, healthy lives. This low-calorie, nutritionally supercharged weight loss program is a good source of protein, fiber, and “good” fats – and it’s tempered with low sodium, reduced cholesterol, and fewer saturated fats – to help Americans shed pounds sensibly.

With Nutrisystem, you also get the Glycemic Advantage – a weight-loss breakthrough that gives you the benefits of a low-carbohydrate diet but lets you eat carbs. Nutrisystem foods contain “good carbs” so you can eat your favorite foods, including pizza, pasta, cookies, and chocolate.

How the program works

It’s easy to get started. Simply select your foods online or on the phone. You can choose from a huge variety of great-tasting meals and snacks – and they arrive on your doorstep, all ready to heat and eat. Since all of the prepared Nutrisystem foods are perfectly portioned, you never have to weigh portions or count calories and points. You get to eat six times a day to help reduce those cravings between meals. You have no meetings to attend, and you can call or e-mail the program counselors, nutritionists, and dieticians any time at no cost to you.

As a Humana member, you also get a 12% discount on all 28-day programs, which could translate into up to \$45 off on the most expensive Nutrisystem program, in addition to the best available

offer on the Website. And that isn’t all. You get free membership and free access to the Nutrisystem community through online support boards.

Contact Information

Visit us today at www.Nutrisystem.com/humanafl to learn more about individual programs and additional savings or call Nutrisystem toll-free at 1-866-936-6874 for all Florida plan members, Monday through Friday, 8 a.m. to 12 a.m., and Saturday and Sunday, 8:30 a.m. to 5 p.m. Eastern time. For all other Humana plan members, please visit www.nutrisystem.com/humana or call 1-866-942-6874 to order. If you use a TTY, call 711, seven days a week, 8 a.m. to 8 p.m. Eastern time. Our automated phone system may answer your call on Saturdays, Sundays, and some public holidays. Just leave a message and select the reason for your call from the automated list. We’ll call back by the end of the next business day. Please have your Humana ID card handy when you call.

Complementary And Alternative Medicine

Complementary and alternative medicine (CAM) services include chiropractic care, acupuncture, and massage. As a Humana member, you can get these services at a discount through the Healthways Whole Health Network (HWHN) of more than 35,000 practitioners.

Services include:

- **Acupuncture** – A trained professional inserts and rotates very thin needles at key points on the body to stimulate various organs and systems.
- **Massage** – Using scientific manual techniques, a massage therapist manipulates soft tissues of the body to normalize those tissues.
- **Chiropractic care** – A chiropractor diagnoses spinal misalignments and corrects them by using hands to adjust the spine, joints, and muscles.

How the discount works

You don't need a referral to visit a practitioner in the HWHN network. You may see HWHN providers as often as you like – but we encourage you to tell your primary care physician about any treatment you're considering. If you're already seeing a CAM professional who isn't on the HWHN list, you can nominate that individual online for network consideration.

To get your discount, simply show the provider the discount card, which can be printed from **Humana.com**, or show your Humana insurance card.

Contact information

For details about the program, access the CAM Website from **Humana.com**. Once you log in to *MyHumana*, go to:

- Health & Wellness
- Savings Center, then select "Alternative Medicine"
- Scroll down to the middle part of the screen and there is a link – select "Find an alternative medicine provider"

To find a provider in your area, visit the HWHN Website at **humana.wholehealthmd.com** or call **1-866-430-8647** (TTY: 711), Monday through Friday from 8 a.m. to 8 p.m., Eastern time.

Humana's Hearing Discount Programs

As a Humana member, you can participate in the Humana Discount Hearing Program, which includes the following services provided by TruHearing, Newport Audiology, HearUSA, and Beltone. Please check with the providers below for locations and available discounts in your area.

How the TruHearing discount works

Call the provider to schedule an appointment in order to receive the discount.

- More than 3,000 providers nationwide. Please call the number under Contact information to schedule your appointment to ensure your discount.
- 100 percent digital hearing aids using the latest technology from four leading manufacturers.
- Free screening. The free screening is a basic four-tone test that determines whether there is a measurable hearing loss. If there is a loss, then the provider may recommend a complete comprehensive hearing evaluation.
- Free DVD Guide to Better Hearing when you schedule an appointment
- Up to a 60 percent discount off standard retail pricing on all hearing aids.
- Free one-year supply (48 cells) of batteries with purchase.
- Three-year warranty, including one-time coverage for damaged or lost hearing aids.
- 45-day trial period, money-back guarantee.
- No add-on costs for smaller, in-the-canal aids.
- 12-month no-interest financing available upon approved credit.

After first purchase at regular discounted price, you can buy replacement hearing aids for life at the manufacturer's wholesale pricing. Just enroll in TruHearing's Lifetime Replacement Program through www.truhearing.com/lifetime or call toll-free **877-343-0749** (TTY: 711). There is an annual enrollment fee of \$89, which includes a year's supply of batteries valued at \$89 with shipping and handling.

Contact information

To get more information or schedule a free screening, call TruHearing at **1-888-403-3937** (TTY: 711), Monday through Friday from 9 a.m. to 9 p.m., Eastern time.

How the Newport Audiology Centers discount works

Call the provider to schedule an appointment in order to receive the discount.

- Access to any Newport Audiology Center location. Please call the number under Contact information to schedule your appointment to ensure your discount.
- Free hearing evaluation, including the following audiometry exams: Pure Tone Aid and Bone Audiometry, Speech Audiometry, and Impedance Audiometry
- 40 percent discount off standard price of Newport hearing aids.
- Three-year comprehensive manufacturer's warranty.
- One-time coverage for loss and damage of hearing aids during the first year after purchase.
- One-year supply of batteries (up to 48 cells) per hearing aid purchased.
- No charge for in-office service.

- Unlimited hearing-aid adaptation counseling visits.
- 60-day money back guarantee evaluation/satisfaction period.
- Zero percent interest financing plans available for the purchase of hearing aids.

Contact information

To get more information or schedule a free hearing evaluation, call Newport Audiology Centers, Inc. at **1-800-675-5485 (TTY: 711)**, Monday through Friday from 8 a.m. to 5 p.m., Eastern time.

How the **HearUSA** discount works

Call the provider to schedule an appointment in order to receive the discount.

- Access to an accredited network of over 2,000 providers nationwide. Please call the number under Contact information to schedule your appointment to ensure your discount.
- Complete hearing exam at no charge (\$135 value).
- Humana-negotiated discounts provide:
 - The latest digital hearing aids from a variety of manufacturers.
 - Fixed prices across 5 levels of technology, regardless of style or size of the hearing aid.
 - Standard prices that are not inflated to claim higher discounts.
- Comprehensive three-year warranty, including loss and damage.
- Free two-year supply of batteries (up to 96 cells).
- In-office service at no charge for the life of the hearing aids.
- 30-day money-back guarantee.

- Zero percent financing available.
- A 20 percent discount on accessories & assisted listening devices is also available by calling 1-800-432-7872 or through www.hearingshop.com. Please be sure to use checkout code "EARHUMANA."

Contact information

For a list of HearUSA providers in your area, visit **hearusa.com** or call HearUSA toll-free at **1-800-333-3389** (TTY: 711), Monday through Friday from 8:30 a.m. to 8:30 p.m., Eastern time. You can call the same phone numbers if you have questions or need to verify fees for a particular service.

How the **Beltone™ Hearing Care** discount works

Call Beltone to schedule an appointment in order to receive the discount.

- Free annual hearing screenings and exams. Please call the number under Contact information to schedule your appointment to ensure your discount.
- Up to 50 percent off suggested retail pricing for some hearing aids.
- Free three-year warranty on all products.
- Free three-year loss, stolen, and damage coverage.
- Free two-year supply of hearing aid batteries.
- 45-day credit return with 100 percent money back.

- BelCare™ patient satisfaction plan includes:
 - Lifetime Care™ Program
 - Two-year hearing loss change protection
 - Service at any U.S. Beltone Hearing Care Center
 - Patient Care toll-free phone line (1-800-BELTONE)
- Unlimited support for fitting and training on your hearing aids.
- Exclusive patient financing program available:
 - Low fixed monthly payments with up to 60 months to pay
 - No interest promotions available
 - Based on approved credit, some minimums apply
- Nationwide network of participating hearing care providers.

Contact information

To get more information, or for your nearest provider location, call Beltone at 1-800-BELTONE (**1-800-235-8663**; TTY: 711), Monday through Friday from 8 a.m. to 8 p.m., Eastern time. Please have your Humana ID card handy when you call. You can also go online to **beltone.com**.

** Hearing discounts are not available in Puerto Rico. Beltone is also not available in Florida or Illinois.*

Auto Assist Plus® Roadside Assistance Coverage Application

Member Information

First Name: _____ M.I. _____ Last Name _____

Spouse's Full Name (If Applicable): _____

Street Address: _____

City: _____ State/Province: _____ Zip Code: _____

Home Phone Number: _____ E-Mail Address: _____

- ☐ **Sign Me Up!** I want to save 44% off the retail price for Roadside Assistance Coverage. Enclosed is my payment of \$49.90 for one year of Auto Assist Plus® Membership.

Method Of Payment:

☐ Check Enclosed (make payable to Road America)

_____ Credit Card Account Number

☐ Visa ☐ Mastercard ☐ Discover

☐ American Express

_____ Expiration Date

_____ Signature

- ☐ **Easy Renewal Plan!** Please renew my Auto Assist Plus® package on an annual basis to the credit card listed below. (Credit card will be automatically debited 60 days prior to your renewal date.)

MAIL COMPLETED APPLICATION TO:

Auto Assist Plus Roadside Assistance Program
Road America Motor Club
7300 Corporate Center Drive, Suite 601
Miami, FL 33126
ATTN: HUMANA

FOR MORE DETAILS OR TO ORDER BY PHONE:

CALL: 1-866-641-5442 FAX: 1-305-392-4402
or visit us online at
www.road-america.com/humana

After approval of your application online, over the phone, or through the mail in application above, you should receive your Auto Assist Plus® fulfillment package within weeks, including your Auto Assist Plus® membership card for you and your spouse, full terms and conditions, and special savings coupons!

When You're Insured With Humana, You Can Save A Bundle!

Get roadside assistance for only \$49.90 per year! Now you can get comprehensive roadside assistance coverage for you and your spouse in any owned vehicle you drive with **Auto Assist Plus® 24-hour Roadside Assistance Service**, as an exclusive offering for our Humana customers. That's sign and drive convenience and priceless peace of mind for towing assistance, flat tire assistance, battery assistance, fuel assistance, collision assistance, lock-out assistance, and more

at the Humana member-only price of **\$49.90 per year!** This quality of coverage normally retails at \$89 per year. Plus, you'll enjoy additional everyday savings opportunities on hotels, car rentals, and automotive service, at no additional cost, that quickly combine to pay for your **Auto Assist Plus®** membership over the course of the year.

Peace of mind, convenience, and savings...24/7/365. Get covered with Auto Assist Plus® and save!

** Auto Assist Plus discount is not available in Puerto Rico.*

How much are you paying for Roadside Assistance Coverage?

24-Hour Roadside Assistance Service For Auto Assist Plus® Includes:

- Towing assistance
- Oil, fluid and water delivery assistance
- Fuel delivery assistance
- Lock-out assistance
- Flat tire assistance
- Battery assistance
- Collision assistance

Additional Services For Auto Assist® Plus (Included At No Additional Cost):

- **\$500 emergency travel expense reimbursement** - If your covered vehicle is disabled due to a collision 100 miles or more from your residence, you may qualify for reimbursement of up to \$500 for emergency travel expenses. (A maximum of \$167.00 per day for up to three (3) days)
- **Emergency message relay** - We will provide assistance relaying an emergency message to up to 3 family members, friends, business associates, etc. for any covered member in a vehicular emergency.
- **Custom trip routing** - For business or pleasure, we offer our members custom trip routing maps. Detailed information is prepared in easy-to-read, easy-to-follow formats by professional experts and mailed to you.
- **Hotel savings program** - Next time you travel, save money with our pre-negotiated savings at participating hotels all over the country!
- **Rental car savings** - Drive On! Enjoy great deals on rental cars around the nation with our pre-negotiated savings opportunities.

- **Automotive service savings** - Everyday savings really add up when you take advantage of your pre-negotiated automotive service resulting in savings on oil changes, tune-ups, tire rotations, and more.

Just Sign And Drive!

Help is just a toll-free phone call away! Our courteous and professional Assistance Coordinators are trained to meet your roadside emergency needs 24 hours a day, 7 days a week, 365 days a year. Simply sign for covered services at the time of a breakdown up to the coverage limit per occurrence, and drive on...with no out of pocket expense to you.

Three Easy Ways To Join Today!

Calling all Humana Insured Drivers! Start saving on Roadside Assistance! It's simple to enroll whichever way you please.

1. Go to www.road-america/humana and submit your application online.
2. Call toll free 1-866-641-5442 and talk to one of our friendly Service Representatives or call the number on the back of your Humana Group Medicare ID card.
3. Fill out the application and mail it in with your check or credit card information.

FULL TERMS AND CONDITIONS APPLY. Prices in U.S. dollars. Benefit limit: \$100 limit for roadside assistance services per occurrence. Coverage: Insured and spouse in any owned vehicle. Limitation of (3) three uses within (12) twelve month period. Emergency travel expense reimbursement benefit is not available by law to residents of California, New York and Tennessee. Ask for full details when you sign up with Road America. Certain restrictions and/or exclusions apply. Please note that the information you provide on the Auto Assist Plus® Roadside Assistance application is being provided to Road America Motor Club so that it may provide the services to you. Road America and its vendors are private firms offering services to members. Humana is not party to any contract or agreement between these companies and Humana members. These benefits apply to each vehicle owned per enrolled member. All claims are underwritten by Road America. Services provided by Brickell Financial Services Motor Club, Inc., d.b.a Road America Motor Club. In Mississippi & Wisconsin, services provided by Brickell Financial Services Motor Club, Inc. For California members, services provided by Road America Motor Club, Inc. See member handbook for full details.

Meet Compatible Singles Through eHarmony.com



"There's a real need for people our age to find companionship. I think you live longer and you're happy. I just enjoy living and she does too!"

Lonnie

Eunice & Lonnie
Matched by eHarmony.com
Married February 11, 2006

Are you looking to meet someone to enjoy life with? Would you like to meet someone who shares your traits and beliefs? If so, eHarmony.com can help. eHarmony provides a safe and supportive environment, designed to help you meet compatible singles. After getting to know you through a thorough questionnaire, eHarmony does the searching for you and only shows you matches that are pre-screened for compatibility with you. So right from the start you have so much in common.

Exclusive Offer For Humana Group Medicare Members

Every day thousands of people of *all* ages are meeting through eHarmony.com, America's No.1 trusted relationship site. And right now, as a Humana Medicare member, you can save 20 percent when you purchase a six-month eHarmony membership. That's a savings of over \$40. And with six months you'll have all the time you need to get to know your matches at whatever pace is good for you.

To take advantage of this offer, simply enter the **promotional code HUMA6501** when purchasing your six-month membership. Call the Group Medicare Customer Care phone number on the back of your ID card if you have any questions.

** eHarmony discount is not available in Puerto Rico.*

Lifeline® Medical Alert Systems

Every day, Lifeline® * helps thousands of people live more independent, active lives at home. In partnership with Humana, Lifeline offers a monthly rate of \$31.25 for its standard medical alert service to all Humana members.

How the discount works

Standard Lifeline Service

- Installation and enrollment fee
- Regular rate for self installations: \$75
- Humana members' self-installation rate: \$40**

For a Lifeline Home Service Representative to install the home communicator for you, the rate is \$75.

Monthly fee

- Regular rate: \$39.75
- Humana members: \$31.25

How this service works

The standard service includes the new Lifeline CarePartners Home Communicator model 6800, described below, and Lifeline monitoring services by a trained, dedicated professional staff 24 hours a day, every day of the year.

If you need medical assistance, a push of a button signals the Lifeline monitoring center. One of our professionals will speak to you over our Home Communicator phone to determine what help is

needed and dispatch the appropriate responders. Responders are your family members, friends, or neighbors, as well as emergency service personnel who can get to your home quickly.

The standard service includes your choice of a necklace-style Slimline or Classic transmitter or a wristwatch-style Slimline.

Contact information

For details about the program, call 1-866-674-9900, extension 4304, Monday through Friday, 7:30 a.m. to 10 p.m., and Saturday, 8 a.m. to 7 p.m. Eastern time. If you use a TTY, call 1-800-855-2881, Monday through Friday, 7:30 a.m. to 10 p.m., and Saturday, 8 a.m. to 7 p.m. Eastern time.

** Lifeline discount is not available in Puerto Rico.*

*** Florida members pay nothing for self installation fee and \$38.00 monthly fee. For details about the program for Florida members, visit the Lifeline Website at www.lifelinesys.com or call 1-800-594-8192, Monday through Friday, 7:30 a.m. to 10 p.m., and Saturday, 8 a.m. to 7 p.m. Eastern time. If you use a TTY, call 1-800-855-2881. If you are located in Massachusetts and use a TTY, call 1-800-439-0183, Monday through Friday, 7:30 a.m. to 10 p.m., and Saturday, 8 a.m. to 7 p.m. Eastern time.*

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A Health plan with a Medicare contract, available to anyone enrolled in both Part A and Part B of Medicare. (For Part B plans, available to anyone entitled to Part A and enrolled in Part B of Medicare.) The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan. You must continue to pay your Medicare Part B premium. Limitations, copayments, and restrictions may apply.

This document is available in alternative formats or languages. Please call customer care at 1-866-396-8810 (TTY: 711), seven days a week from 8 a.m. to 8 p.m. If you're asked to leave a message, we'll call you back by the end of the next business day.

Este documento también está disponible en otros formatos e idiomas. Llame al departamento de Atención al Cliente al 1-866-396-8810 (TTY: 711) los siete días de la semana, de 8 a.m. a 8 p.m. Si usted deja un mensaje, le devolveremos la llamada durante el próximo día hábil.